

HEALTHY FOOD CHOICES

CHOOSE THESE...

- Low-fat or skim milk (age 2 and up)
- Baked or boiled potatoes
- Plain cooked or raw vegetables
- Toast, unsweetened cereal
- Chicken, fish, turkey
- Low-fat cheese
- Whole-grain crackers, pretzels
- Popcorn without butter (age 3 and up)
- Fresh fruit
- Fruit juice (no more than 6 ounces a day)
- Low-fat pudding, ice milk, yogurt
- Whole grain muffin, bagel

LIMIT THESE...

- Whole milk
- French fries, fried potatoes
- Vegetables with butter or cream sauce
- Pop-Tarts®, sweetened cereal
- Bologna, hot dogs, sausage
- Regular cheese
- Cookies, candies, pies
- Canned fruit with heavy syrup
- Soft drinks, punch
- Ice cream
- Doughnuts, sweet rolls



Texas Department of Health

October - November - December - 1999

Volume 9/Issue 4

Help Your Child Have a Healthy Weight

Did you know an overweight child can have health problems like diabetes, high blood pressure, and high cholesterol? Even making friends may be a problem if a child is overweight. How your child eats at a young age will affect what and how much he will eat as an adult. Try the tips below to help your child eat healthier and stay within a healthy weight.



- **Set a good example.** Your child will learn what to eat by watching you. If you choose healthy foods, so will he.
- **Teach your child to be physically active.** Turn off the television and join your child in fun activities like walking, swimming and biking.
- **Set regular meal and snack times.** Without regular mealtimes, your child may snack all day. Offer fruits and vegetables at snack time, at least 1-1½ hours before the next meal.
- **Help your child feel secure no matter how much he weighs.** Praise your child for special talents with hugs and kind words. Try not to worry your child about weight gain.



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Ask WIC?

Q I think my 3-year-old is overweight. Should I put him on a diet?

A No. You should never put a young child on a diet. Your WIC nutritionist can weigh and measure your child to see if he is overweight and offer advice on your child's growth and eating habits. Also, stress can make your child eat more.

Help Your Child Have a Healthy Weight

continued...

- **Reward your child with a hug, kiss, toy, or his favorite story instead of food**
- **Let your child decide how much to eat.** Trust your child to know when he is full. A child's hunger changes from day to day and meal to meal. Try not to force your child to eat when he is not hungry.
- **Teach your child to eat 5 A Day.** Offer at least five servings of fruits and each day instead of foods high in sugar and fat. Fruits and vegetables provide vitamins, minerals, fiber, and are low in calories. Put tempting foods like cookies and candy out of sight and out of reach.
- **Teach your child to make healthy beverage choices.** Soft drinks and fruit punch are high in sugar and can affect your child's weight. Limit fruit juice to no more than 6 ounces a day. If your child is thirsty, offer water more often throughout the day.

Quick Apple Snack

1 tablespoon applesauce

1 slice bread (toasted)

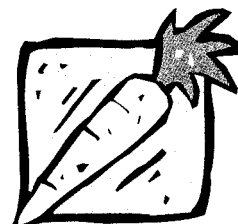
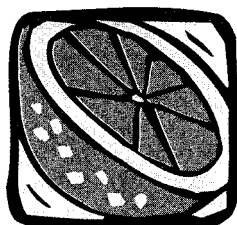
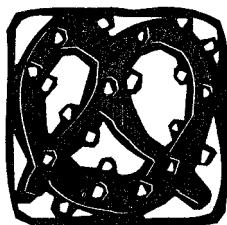
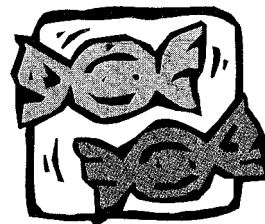
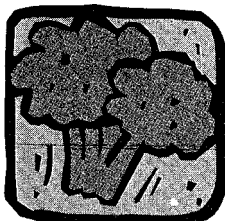
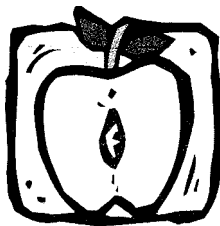
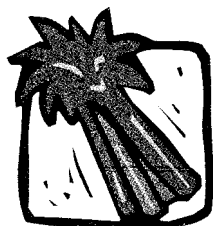
Cinnamon

Spoon applesauce on toast:
sprinkle with cinnamon.

Eat as is or heat in the oven.

JUST FOR KIDS

Circle the foods that are healthy snacks.



Answers: Broccoli, pretzels, orange, celery, apple, carrots